Spring 2018 Rice University – Lifetime Physical Activity Program 178 001

The Art of Relaxation - Course 21269
Syllabus

Instructor: Jennifer Buergermeister, MA, C Ht, RYT, DD

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Class time: Monday & Wednesdays 4:00 – 4:50p.m.

Location: MPR3

Course description: This course provides a solid foundation in the principals of yoga theory and practice. By incorporating traditional philosophy, physical poses (asana) and breath control (pranayama), this class helps you to discover vitality, flexibility, and strength within yourself. We will also identify, understand and cope with sources of stress and journey through several modalities that explore our response to stress and encourage yoga as an exercise/relaxation program. You will read a book of your choice. Submit and have approved by March 15, 2018. Example: Dan Millman's The Way of the Peaceful Warrior. You will write a 3-5 page reflection double-spaced reflection. The reflection is due by April 15, 2018. Upload the paper to Canvas ***and*** email to jbuergermeister@icloud.com.

Course objectives: Upon completion of the course, the student will have a better understanding of the negative effects of stress on the body and how relaxation techniques and yoga can tone, enhance, and harmonize the physical and emotional bodies to achieve homeostasis and well-being. Students will gain knowledge of the history and theory of yoga philosophy and practice. Ultimately, students will understand how to choose healthy methods of exercise and relaxation that can serve as antidotes to the negative effects of stress both in college and beyond graduation to be used as tools for life.

Important Dates:

Monday, January 8th: First day of class

Monday, January 15th: No classes- MLK Day

Friday, January 19th: Last day to add a class

Thursday, February 8th and Friday, February 9th: No classes-Spring Recess

Monday, March 12th thru Friday, March 16th: No classes-Spring Break

Friday, April 20th: Last day of classes

Friday, May 4th: Grades for seniors must be submitted

Wednesday, May 16th: Grades for all non-graduating students due

Evaluation Procedures:

- Attendance and Participation - 50%
- Written Assignments/Reflections. There are three short (10 points each) and one long reflection (20 points) - 50%

Grading Scale:

Points Grade 100 points: A 90-100, B 80-90, C 70-80, D 60-70, F <60

Attendance Policy:

The attendance policy for LPAP courses that meet twice a week will be as follows:

Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed two "free" absences. Should a student miss an additional class(es) she/he will need to arrange to make up the missed class at a time and place that is agreed upon by both the student and the instructor. It is the responsibility of the student to initiate conversation with the instructor to discuss the makeup, and an agreement must be reached between the two within two weeks of the absence. If a student fails to make up a missed third or fourth class, his/her final grade will drop by one or two grade letters, respectively.

Please note, students will be allowed to make up two classes. Please join one of the other classes to make up the time lost in an absence after the two free class absences.

The attendance policy for LPAP courses that meet once a week will be as follows:

Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed one "free" absence. Should a student miss an additional class, she/he will need to arrange to make up the missed class at a time and place that is agreed upon by both the student and the instructor. It is the responsibility of the student to initiate conversation with the instructor to discuss the makeup, and an agreement must be reached between the within two weeks of the absence. If a student fails to make up a missed second class, his/her final grade will drop one grade letter.

Please note, students will not be allowed to make up more than one class. Three total absences, including those that were made up and no matter their circumstance, will result in a failing grade for the course.

ADA Statement:

This instructor, in conjunction with Rice University, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request an accommodation, please contact the Disability Support Services Office in the Ley Student Center. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

Topics to be covered include, but are not limited to:

- Introduction to Types of Stress + Effects Stress Assessment
- Various Methods of Meditation
- What is Yoga?
- Building a Personal Practice
- Pranayam (breathing techniques)
- Intro to the Basics of Neuroscience
- Heart Coherence/Biofeedback
- Laughter Therapy
- Qi Gong and Energetic Systems/Anatomy/Martial Asana
- Ayurveda, History of Eastern Medicine and Healthy Choices
- Why Silence and Stillness?
- Intro to Rootism In a Nutshell (Jenny's theory of life)